



Rimrock is excited to announce our first annual ***Pump-n-Run for Recovery*** to take place September 27, 2015. September is National Recovery Month, an observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or

substance use disorder to live a healthy and rewarding life. The observance's main focus is to applaud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

The ***Rimrock Pump-n-Run for Recovery*** will test overall fitness by measuring both strength and endurance. In the competition, participants will have the option to bench press a percentage of their body weight to improve their overall standing. Each lift (up to a max of 30) reduces their 5-kilometer run time by 15 seconds. Participants may choose to participate only in the run.

As the leading addiction treatment facility in the region, Rimrock is committed to providing support to those in recovery. Through our 5k Pump-n-Run, we hope to encourage others to take action to help us expand and improve the availability of effective prevention, treatment, and recovery services we provide for those in need.

Please join in this cause by sponsoring the first annual Rimrock Pump-n-Run for Recovery!

For more information and next steps, please check out our website at www.rimrock.org.